

ABSTRACT OF THE DISCLOSURE

An inner sole for an article of footwear that is capable of being removed therefrom, the sole having an upper surface adapted to support the user's foot, and a lower surface resting at the bottom of the article of footwear, the sole having an anti-slip insert positioned in the area of the metatarsophalangeal articulation and including an abrasive paper positioned in a recess of the lower surface. The invention is also directed to a sports boot, such as a ski boot, equipped with such an inner sole.